

[UPBEAT MUSIC]

This is Eastern Michigan University's Career Corner posted by the career coaches of the University Advising and Career Development Center. And welcome to Season Four, Career FAQ.

Welcome back to the Career Corner podcast. This is career coach, Logann Dolan, and I am so excited to be back with another great career FAQ. As you can see from today's title, we're talking all about Career Assessment. Now a question you might be thinking when considering a career assessment is, are they actually helpful?

And the short answer is, absolutely. But it's especially important to note that although career assessments are incredibly helpful and insightful tools, they shouldn't be predictive or used as standalone career advice. That's why we always recommend meeting with a career coach to discuss assessment options, results, opportunities, and unique pathways that fit you and your individual needs.

Now, if you haven't had the chance, I recommend listening to an earlier episode from season two, where my fellow career coach, April, talks about the MBTI personality assessment. The MBTI, short for Myers Briggs Type Indicator, is just one of the many assessment tools that we use in our office in the UACDC. Some others include Strikes Quest, Strong Interest Inventory, TypeFocus7, SparkPath challenge cards, and the Knowdell Career Values and Motivated Skills Card Sorts.

Each individual assessment we use in our office has been researched heavily and determined to be both valid and reliable. Not only are they backed by science, but they're completed by thousands of people each and every day. Assessments are key in helping you identify the unique qualities and attributes that you possess and help you to gain clarity when choosing a career direction.

For example, the MBTI personality assessment allows you to learn about and understand your personality type in how it relates to working with others and your future career. So after taking the assessment with us, we provide you with lots of really great resources for further learning and exploration.

Another great example is the Interest Assessment. Typically taken online through either O-Net or TypeFocus7, the Interest Assessment can help narrow down your interests and guide you in a career direction based on your individual results.

Now, these are just two examples of the many assessment tools we offer and how they can be helpful. Because each and every one of us are all unique humans, every assessment result and interpretation is unique too. And that's what makes career assessments and exploration interesting and engaging.

However, we know how overwhelming interpreting those assessments could be, and that's why all of our career coaches in our office, myself included, are trained and excited to help you through your career assessment exploration.

If you're interested in taking an assessment, you can make an appointment with a career coach right on Handshake at app.joinhandshake.com, by calling our office, at 734.487.0400, or by sending us an email at career_services@emich.edu. As always, stay safe and stay healthy, Eagles. And catch you on the next episode.

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